

WHAT IS CLAIMED IS:

1. An exercise apparatus, comprising:

a base;

5 a left skate and a right skate, wherein each said skate is mounted on the base for back and forth movement relative to said base;

a left foot and a right foot support, wherein each said foot support is pivotally mounted on a respective skate; and

10 an adjustable biasing means for biasing each said foot support to move through a skiing path of motion in one mode of operation, and for biasing each said foot support to move through a stepping path of motion in another mode of operation.

2. An exercise apparatus, comprising:

a base;

15 a left link and a right link, wherein each said link is mounted on the base for movement in a first direction relative to the base;

20 a left foot support and a right foot support, wherein each said foot support is mounted on a respective link for movement in a second, generally perpendicular direction relative to the respective link;

25 an adjustable resistance means for adjusting resistance to movement of each said foot support relative to a respective link, and for adjusting resistance to movement of each said link relative to the base.

3. A method of controlling foot exercise motion, comprising the steps of:

providing a base;

mounting a first pulley on the base;

5 mounting a second pulley on the base;

interconnecting a spring between the first pulley and the second pulley;

mounting left and right links on the base for movement in a first direction relative to the base;

10 linking the left and right links to the first pulley;

mounting left and right foot supports on respective links for movement in a second, generally perpendicular direction relative to the respective links; and

15 linking the left and right foot supports to the second pulley.

4. The method of claim 3, further comprising the step of interconnecting a second spring between the base and one said pulley.

20 5. The method of claim 4, further comprising the step of selectively adjusting the effective length of the second spring.

6. The method of claim 3, further comprising the step of selectively adjusting the effective length of the spring.